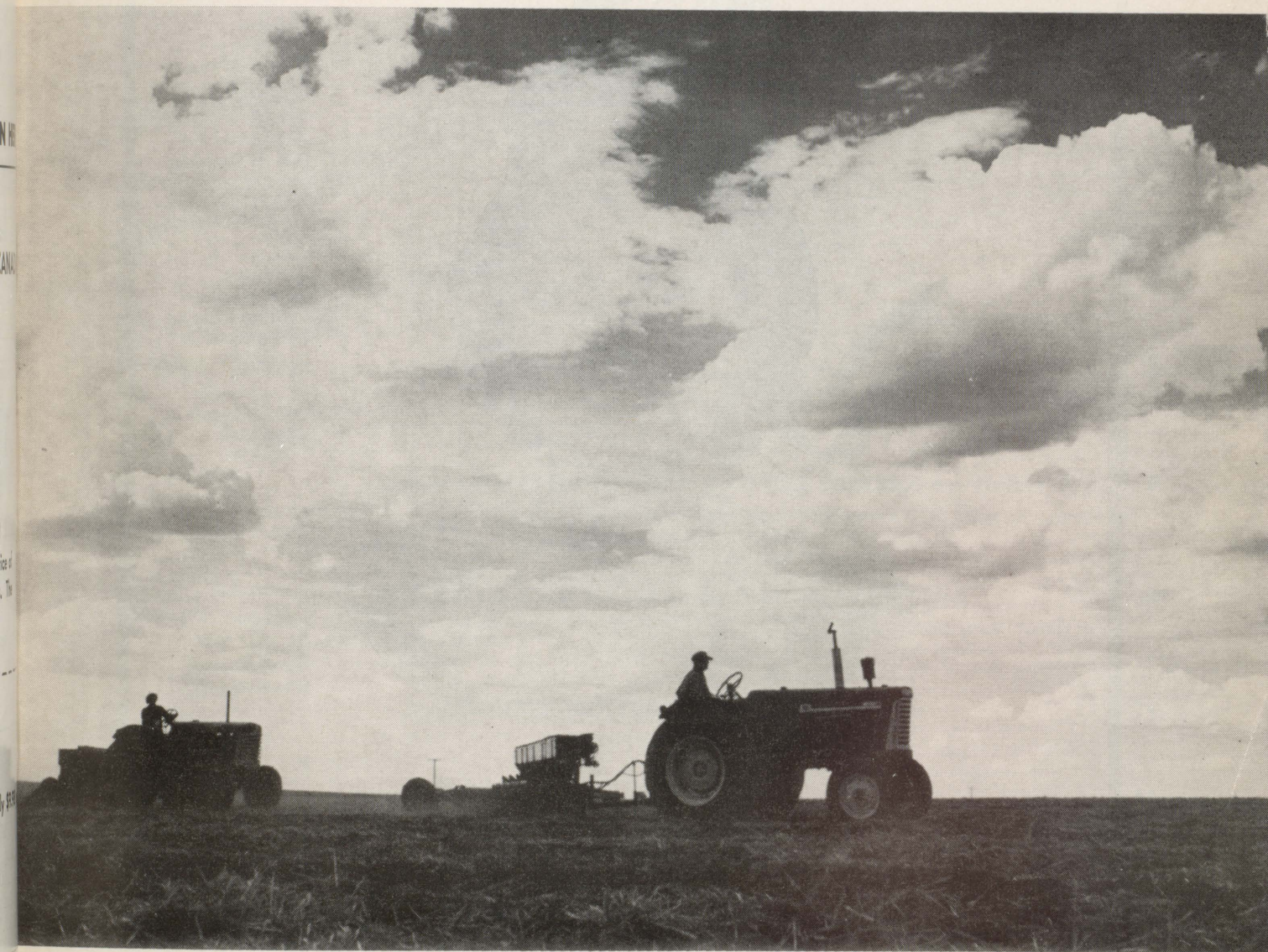


macdonald **FARM** *journal*



★ **CANADIAN FARMERS SHOULD
GROW MORE GRASS SEED**

★ **TO WEIGH OR MEASURE**

April, 1964

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THE MACDONALD LASSIE

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macdonald FARM journal

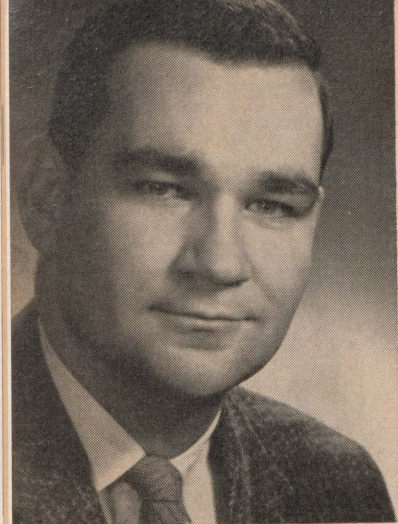
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OUR COVER: Disking and seeding on a grand scale at the Grasshorn farm between Grand Coulee and Regina, Saskatchewan. Photo courtesy National Film Board of Canada.



INSIDE

THE EDITOR'S COLUMN

We Can't Wait . . .

"SO you're stuck with a farm and want to make some fast money? Grow seed, then!" That was a statement made by a Canadian farmer and a statement that would make anyone stop and ask questions. I was no exception. "First of all," I said, "no one should feel they are 'stuck' with a farm and, secondly, if everyone took your idea, then we would have too much seed in a year's time." The discussion went on, half the night, in fact.

The next morning, I decided that I wanted to find out more about this whole business of producing seed. As I called Dr. Bubar in the College's Department of Agronomy, he suggested that in view of the deficit in seed production in Canada that he would like to write an article about the current situation. "In fact," I said, "That's what I'm calling you about."

The result is the story in this Journal about the need for increased seed production in Canada. It is only one possible source of additional revenue that you might consider. For many years, Quebec farmers have been busy producing the crops that have been in surplus. It's now time to recognize the deficit areas of production and start filling the demands. Seed production is one area that could be expanded; others include, pork, beef, lamb, eggs, feed grains, fruits and vegetables, and cheese. The government is commencing an attempt to encourage the production of certain of these crops. Yet Quebec is hampered by its geography and climate, by traditions that prevent the adoption of new ideas, by the lack of prestige for Quebec produce in one of the biggest consumer markets in Canada. We can't change the soils; we can grow crops that are best suited to the soils we have. We can't change the weather, and yet we can use new early maturing varieties and better cultural practices to ensure a better harvest. We can't change our traditions, and yet we can realize that if we are going to survive, then we must be constantly searching for new ideas and practices. We can't change the prestige of our produce overnight, and yet it can be done with better methods of marketing and grading.

Only through cooperative efforts can we hope to establish a sound agricultural economy as an integral part of our total Canadian economy. We can't afford to wait for someone else to do our thinking.

What's Right With Agriculture?

IT SEEMS THAT SO MANY people one meets today are complaining about the "raw" deal for farming. There is too much control in the market place, there isn't enough control of quality standards, if it weren't for subsidies, most of Canada's farmers would be out of business — these are the statements one hears so often.

This over-emphasis of the wrong side of agriculture is likely due to surpluses which have caused problems for governments in most western countries. Yet in many cases, surpluses are required as cushion for consumer demands.

But what's right with agriculture? So much! Farming in Canada is uniquely dynamic, technically advanced, and highly productive. Efficiency in agricultural production is the basis on which cities and industry are built. Agriculture accounts for 42% of our economy. The production of farm products, the supply and service of farm operations, the processing of agricultural products, the wholesale and retail marketing of farm products all add up to this bulwark of business in Canada. Many forget that farming today is only one phase of agriculture.

What's right with agriculture? Its able to feed the hundreds of new mouths that sit at Canada's breakfast table each morning. And before these youngsters can buy new cars, television sets, and education, they have to be fed. Consumers complain about the high cost of food and yet today a Canadian citizen can buy adequate food for his family with a smaller portion of his paycheck than ever before.

So let's take the positive approach. Instead of what's wrong with agriculture, let's make it what's right with agriculture. Let's inform consumers that Canadian agriculture is efficient, dynamic and an industry alive with a future. Yes, there are problems. We can't hide them. Yet we can take the positive approach to solving them rather than feeling defeated before we even begin.

What's right with agriculture? So much. And our survival depends on it.

Mark Waldron

By Dr. J. S. Bubar
Dept. of Agronomy
Macdonald College

In my opinion . . .

Canadian Farmers Should Grow More Grass Seed

"If you have found that seed production suits your land and feel that it may fit into your program, we recommend your serious consideration of the possibility of entering into certified seed production on a business like basis.

"The additional outlay in time and expense involved has certainly been well worthwhile over the past few years. Based on average prices, the additional cost of sowing registered seed over common has been about \$3.00 per acre, while on the same basis, the additional cash return has averaged \$50.00 on any reasonably large acreage.

"In addition to seed production, of course, these fields are available for aftermath pasture and in the case of legumes, the first crop of hay is cut at an early time so that there is actually a double yield from the same field. Red clover produces just one seed crop and then must be ploughed up, but alfalfa may be left down for 3 or 4 years and Timothy as much as 6 or 7, so the cost of seeding is further reduced.

"Before sowing a field for seed production, be sure you consider the following simple basic requirements:

1. Select a clean field that has been summer fallow, hoe crop or not seeded.
2. Be sure of at least 50 yards isolation from a similar crop.
3. Sow only Foundation Seed. Certified grade is not eligible.
4. Save the blue registration tag.
5. Make application for field inspection not later than June of the crop year. Further details are included in the publication 'A GUIDE FOR PRODUCERS OF PEDIGREED SEED', available from the Canadian Seed Growers Association, Box 455, Ottawa 2, Ontario."

(Quoted from Bishops Seeds, Box 338, Belleville, Ont.)

The Macdonald College Diploma course includes a new Agronomy option which permits specialization in seed production. Under this option the student takes the same general courses during his first three terms as the student who chooses the Livestock or Horticulture options. He receives a specialist course in seed production during his fourth term as well as further courses on field and vegetable crops production. Further details on this option are available from — The Registrar, Macdonald College.

FORAGE SEED is expensive this spring. Production of seed of several of our popular grasses and legumes is falling behind demand. Poor forage crops and high prices for hay contributed to the severe shortage this year because some farmers who sometimes harvest seed cut their crop for hay. However, a trend towards deficits in seed supplies of several grasses has been developing for several years. We do not grow enough seed of several important grasses to meet our national demands. In addition, we have good export markets for seed of many of these crops.

Timothy seed is grown in several areas in Eastern Canada. Yet statistics

Canadian Farmers Should Grow More Grass Seed



Imports of timothy seed into Canada in the '61-'62 crop year exceeded exports by 480 tons. Fields of timothy such as this one could provide a valuable source of cash income for Quebec farmers.

for the 1961-62 crop year indicate that imports into Canada exceeded exports by 480 tons of seed. On the basis of the calculation that it takes about six acres growing a good seed crop to produce one ton of seed, I arrive at an estimate that it would take an additional 3,000 acres growing timothy seed to make up this deficit. Total imports were over 2,000 tons, indicating that it would require at least 12,000 more acres growing timothy seed to produce as much as we import. A lot of the imported seed is of varieties and types that do not produce as well in Canada as our domestic seed does. Farmers who seeded imported timothy seed lost both quality and quantity in their hay crops. On the other hand Canadian varieties, particularly Climax, have done well in some countries that buy our seed. We can grow good seed crops of most foreign varieties to meet foreign demands for seed. There is a good chance that we can hold or even expand our timothy seed export market. Canada exported over 1,500 tons in the 1961-62 crop year.

The 1961-62 statistics also reveal deficits with several other forage crops that would make good seed crops for

Eastern Canadian farmers. There was a 150 ton seed deficit with brome grass, a 250 ton deficit with orchardgrass and 80 ton deficits with reed canarygrass and tall fescue. Farmers growing timothy seed could readily expand their operations to include one or more of these crops, and thereby spread out the use of labour and machinery over a greater part of the season. Eastern farmers might also get in on the production of some of the western forage grasses such as crested wheatgrass or Russian wild ryegrass. Although these grasses are not as good for forage here as the grasses we are now growing, observation plots at Macdonald College indicate that these grasses should produce good seed yields here and that the seed might be better filled than Western grown seed.

Some of the small seeded lawn and pasture grasses also offer good possibilities for our forage seed growers. We imported more than we exported in the 1961-62 crop year of Kentucky bluegrass (deficit of 395 tons), bentgrass (deficit of 235 tons) and Chewing fescue (deficit of 80 tons). These crops present some seed production difficulties not exhibited by hay grasses from

the harvesting and processing standpoints but they can provide profitable returns for the extra trouble that is involved. This does not represent an exhaustive list of grass seed possibilities for Eastern Canadian farmers. I have cited some of the more glaring examples of crops with which we have production deficits. I have little sympathy for farmers who insist on producing products that are surplus and then expect subsidies and government aid when they could be producing the seed we need for our own use and for export.

Grass seed production offers more opportunities and has a brighter outlook than legume seed production. In spite of the fact that Canada imports alfalfa (300 ton deficit in 1961-62) and red clover (500 ton deficit in 1961-62), I don't think Eastern farmers can compete with Western alfalfa and clover seed growers. We don't get the yields they get, and we have trouble getting the seed dry. We can't grow Ladino clover seed because we cannot maintain purity. Our Ladino becomes contaminated by wild white clover. One exception is birdsfoot trefoil. The climatic problems that make harvesting of alfalfa seed and red clover seed difficult

here is a blessing to the trefoil seed producer because it reduces seed shattering losses. Birdsfoot trefoil seed producers in the Champlain Valley of Vermont and New York States have done pretty well during the past ten years. Quebec farmers should be able to grow this crop just as well. Some Quebec and Ontario farmers have grown trefoil seed and found it quite satisfactory as a cash crop. Usage of trefoil seed is

expanding, largely at the expense of red clover.

The future outlook for grass seed production is that forage producers are going to demand certain specific named varieties more and more emphatically. The grass seed producer must grow the variety that the forage producer wants, if he is going to have a profitable seed growing operation. The seed grower must guess right in his choice of variety because it is very difficult to change from one variety to another. If a change becomes necessary, he may have to return to another crop until the land is cleaned up. The seed producer should consider growing seed of several different grasses so he can drop one for a few years when he needs to change varieties and still keep his overall operation going at full capacity.

There is a trend today for individual seed companies to produce and maintain control of their own varieties. These companies are looking for men with experience and facilities for seed production to grow forage seed under contract. These contracts will overcome the risk to the seed grower of getting the wrong variety since the private companies will plan their production according to what they think they can sell and offer the farmer a guaranteed price scale for the seed he can produce. In turn, the company will demand exclusive rights to the seed produced.

The Canadian Forage Seed Project under the Canada Department of Agriculture is charged with the responsibility of insuring that the seed of adapted named varieties is made available to forage producers in Canada. This involves estimating future requirements of various varieties and, in collaboration with the Provinces and the Canadian Seed Trade Association, encouraging the production of seed of the varieties which are required. This project is a tremendous aid to the forage seed producer in selecting the varieties that he will be able to sell.

Growing seed of named varieties of forage crops means growing Certified seed since only forage seed of Certified

or higher ranks in our seed pedigree system can be sold in Canada by variety name.

The Certified seed grower must become a member of the grower organization — The Canadian Seed Growers' Association. Through this organization, he has a voice in the setting of standards for Canada Certified seed. This organization has been successful in maintaining high standards that are essential for our seed export trade as well as being beneficial to the Canadian seed user. At the same time, growers can present practical arguments against regulations that will lead to impossible production problems. These standards are incorporated into regulations that are administered by seed inspectors of the Plant Products Division, Canada Department of Agriculture. These organizations and the private companies that process and deal in seed, both on the domestic and export markets, provide the Canadian seed grower with excellent facilities through which he can market much more grass seed than he is growing at present.

The seed producer, both the specialist and the farmer using seed production as a cash crop to supplement a livestock operation, requires special knowledge and skills to produce Certified seed. Efficient forage seed production involves cultural practices that are not the most efficient forage feed production. A farmer should be able to produce \$100 worth of grass seed per acre without investing in special equipment beyond that used for present hay and grain production. In addition, he has the grass roughage and some crops provide some aftermath grazing. The man who undertakes to grow Certified seed would earn considerably higher returns per acre, and these returns should increase as forage producers become more convinced of the advantage that they can expect from Certified seed of recommended varieties. Now is the time to get into the grass seed business and to get the knowledge and experience you will need if you are going to take advantage of future developments in the production of Certified seed.



Timothy seed is grown on the Seed Farm at Macdonald College. The estimate that six acres will produce one ton of seed is based on yields of 350 pounds per acre obtained here. The Canadian Forage Seed Project bases their production planning on estimates of 200 pounds of seed per acre.

Dr. Bubar inspects a test planting of timothy at the Macdonald College Seed Farm.



ROSAIRE BERNARD

Seed Grower Supreme

The production of seed of improved forage varieties is a highly specialized and vital part of agriculture. Here is the story of one man who grows 120 acres of Climax timothy.

by Walker Riley



Top notch seed such as this timothy brings a premium price on the market.

FOR ROSAIRE BERNARD, the age of specialized farming arrived 30 years ago. That was the summer he harvested a bumper 400 pounds of seeds to the acre from his first field of red clover. And the price was good that year, too, — 34 cents. In the middle of the Depression, a sixteen acre seed crop like that meant a small fortune.

Two years before, Rosaire and his young wife had left Northern Ontario to buy this farm in Russell County, 30 miles east of Ottawa. There were no buildings on the place and much of it was still covered with bush. But backs were strong and help was cheap — 50 cents a day, — even though firewood delivered in nearby Bourget brought only \$1.50 a cord.

Today, with the Depression only a memory, the former bank clerk can take time to look around at his accomplishments. There is a neat, white, comfortable cottage set in a maple grove on a rise in the land, a tidy compact barn housing seed-cleaning equipment, storage bins and field machinery,

and beyond that, 120 acres of some of the finest timothy in the world. Best of all, there is the enduring satisfaction of an exacting job well done.

For his contribution to Canadian agriculture, Mr. Bernard was recently honoured by the Canadian Seed Growers' Association. He was made a Robertson Associate, an exclusive award in memory of that organization's founder.*

The production of pedigreed seed is a tightly regulated, highly specialized, enterprise. Take, for example, this Climax timothy. Only a few hundred pounds are produced each year by the Breeder at the Central Experimental Farm. This seed is distributed, under contract with the Canadian Forage Seed Project, to fourteen selected farms across Canada. It is their responsibility to multiply the Breeder's seed to Foundation level and return it to the Project. Now totalling several thousand pounds, it is released to growers of Certified seed and to seed companies for contract production. The resulting 4,000,000 pounds or so of Certified seed, closely supervised from Plant Breeder's plot to final sale, is the seed available for farm plantings and for export.

Mr. Bernard is one of the select

fourteen, a Foundation Grower. Each year, he plants one new field with a few pounds of the precious Breeder's seed. For three years it produces Foundation grade seed and for the following three years, Certified seed — provided, of course, that it can continue to meet the very restrictive tolerances of purity.

Isolation to prevent outcrossing is one of the most difficult requirements to meet. Rosaire has advantages — the Larose Forest to the south and west, co-operative neighbours to the east and north. All around the farm, there is no timothy growing except the variety Climax.

Weeds, of course, are always a problem. Here is an example of how he meets that difficulty. A few years ago, he bought a neighbouring field, derelict and ridden with daisies. For one year, he summerfallowed. In the following six years, he sprayed with 2, 4-D when the timothy was six to eight inches high in the spring. He used rates as high as 16 ounces acid per acre, as much as the timothy would stand. In the first year or two, the field got a second spraying in the fall as well. Now, with the daisy population down to 15 or 20 plants to the acre, he prefers to hand-

* Dr. J.W. Robertson, founder of the Canadian Seed Growers Association, became, in 1905, first Principal of Macdonald College.

weed; spraying, he finds, sometimes turns the heads over without killing. And inspectors do not like to find ripe daisies in a field.

Twitch grass is not a problem in the clay fields, he finds. Summerfallowing takes care of it. But on sandy land, he resorts to Amino Triazole. He ploughs, then sprays the regrowth, waits awhile, then ploughs again.

Stitchwort (Stellaire) gives him some concern. The seeds which are the same size as timothy are difficult to separate with the cleaner. He goes after the small patches with a hand sprayer loaded with Kuron (Silvex), one tablespoon to a quart of water.

Diseases and insects have not given much trouble. One year, though, when he was growing red clover he had to spray with Aldrin to control a plague of grasshoppers.

Without livestock to provide manure, Mr. Bernard is quite soil fertility conscious. Timothy actually is a relatively light feeder; with a fifteen inch stubble left on the field by the combine, the demand of the crop for fertilizer is not heavy.

For several years he used a straight nitrogen fertilizer — 33% Ammonium Nitrate — at 100 pounds to the acre. From his recent experience, however, he is convinced that phosphorous and potash should be used as well. He tells about a timothy field seeded in 1953. For eight years it received nitrogen only. Slowly, yields of seed dropped from 500 pounds to 200 pounds per acre. Two years ago, he used 150 pounds 0-20-10 as well as the nitrogen. Yield doubled. Last year, with 150 pounds 16-8-8 and no other nitrogen, the yield was back to 450 pounds.

Rosaire usually seeds down under a thin crop of spring wheat. In 1962, however, he tried something different; he summerfallowed until August 25, then planted the timothy without a companion crop. Next summer — this past season — he took off his biggest crop to date — 600 pounds per acre.

Mr. Bernard judges the crop is ready to harvest when one head in ten starts to peel off. Four days in the swath and it is ready to combine, if the weather is good. One year, and one year, only, he combined direct. "Never again," he says, "it is too risky. The

crop must stand until it is dead ripe; then one false move, one windstorm, and the crop is lost."

The seed crop is stored and dried in bags. If it should heat, he spreads it out on the linoleum floor of the store room.

All his production of Foundation seed goes back to the project under terms of his contract. His Certified seed, however, may go to a wholesale dealer, or he may sell it to retail customers, depending on the price. The timothy straw is a profitable by-product too. It finds a ready market as horse feed — three dollars a ton in the swath on the field.

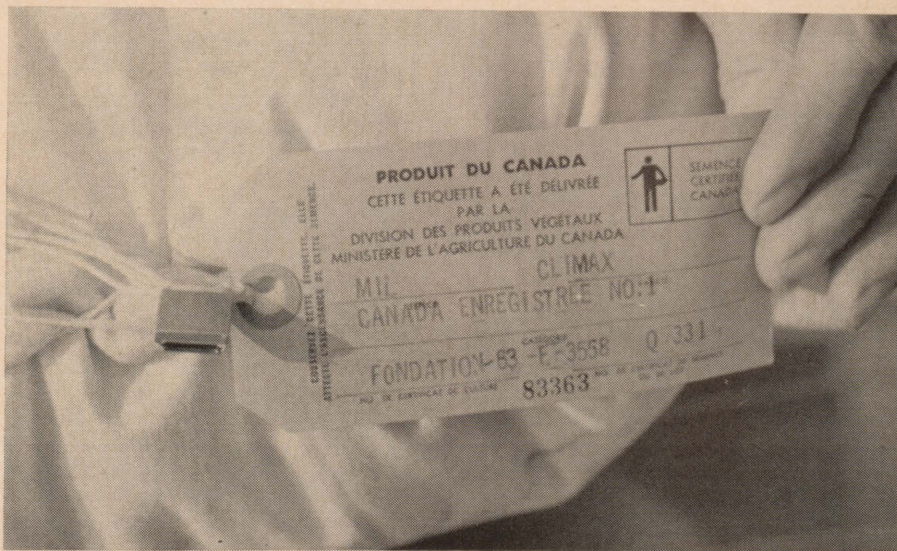
Rosaire Bernard does not mind admitting that, bad years taken with the good, his seed farm has provided a comfortable living. Price for Climax timothy seed has remained very firm, rarely dropping below 25 cents for Certified. Sales will usually gross 8000 to 10,000 dollars; cash expenses might run to \$2000. He hires help only at harvest. There is perhaps \$12,000 invested in good machinery.

Does he advise others to get into seed growing? Yes, if they are willing to specialize, to make long-term plans, and if they enjoy working to high standards. The outlook for the future is good; Canadian seed is in demand at home and abroad.

And in the corner of Rosaire Bernard's seed room, there is a pair of hip boots and a fishing rod.



Above: Work is progressing on the new Soil Science building being constructed at Macdonald College. The new building is located between the Main Building and the Chemistry Building. It will house laboratories, offices and classrooms. Completion is expected by mid-summer. Below: The production of Certified seed from Foundation seed requires special knowledge and skills. An acre can produce up to \$100 worth of grass seed.



To Weigh Or Measure

Grandma's method of cooking, based on a pinch of this and a pitcher of that may have produced good results for Grandma but in today's modern world we have to rely on accurate measurements for good results. But how accurate are these measurements? In this article, Professor Raymond of Home Economics points out that a cup of chopped onion, for example, can vary from 3½ to 6 ounces. There's quite a difference; especially with onions.

by
Professor Diane Raymond
School Of Home Economics
Macdonald College

An inexpensive readily obtainable piece of household equipment is usually all that stands between the housewife using a semi-accurate method of compiling the ingredients for a recipe and a consistent accurate method. This missing item is a scale. It is now normal procedure for the housewife to measure ingredients, as common measuring devices have been manufactured. A measuring cup marked off in ¼'s, ½'s, ¾'s, and full cup amounts, measuring spoons, tablespoons, teaspoons, half-teaspoon and quarter teaspoon, are part of a good housewife's kitchen equipment. These are definite improvements on the system used by our grandmothers where a mark on a bowl was the measuring device for the flour for a certain cake, while the "little brown pitcher" held the "right" amount of liquid. How much flour or liquid wasn't the problem, just up to the mark. This of course meant no one could quite duplicate grandmother's speciality and this she felt was desirable. With the onset of exchange of recipes among housewives, with the publication of recipes in magazines, books, newspapers, a description of "enough flour to fill a small crockery bowl to the edge of the rim" didn't convey the same quantity of flour to any two people so another more accurate measuring device was needed and the measuring cup and spoon became common tools for the homemaker cook.

Unfortunately there still remained room for variations in amounts since every manufacturer of cups for measuring made his cup to his specifications and quite frequently a half cup was not even ½ of the existing cup let alone ½ of any other manufacturer's cup.

To overcome this obvious unsatisfactory condition standards for cups were evolved and a cup became a unit of measure holding 8 oz. of liquid, half a cup 4 oz., ¼ cup 2 oz. To standardize the spoon measurements, the tablespoon was made so that 16 tbsp. of liquid would equal 1 cup. And three teaspoons of liquid = 1 tbsp. Unfortunately this standardized measuring device has not completely supplanted the "odd" sizes of cups and a housewife can buy a measuring cup that "looks right" but may in fact hold 8½ or 9 oz. or 7-7½ oz. of liquid so that in use there is a persistent over or under measurement and the user is unable to account for a consistently underpar final product. When you consider that flour, sugar and liquid are usually measured for cakes by the cup or part cup — and

that frequently 2 or more cupsful of each are used in one recipe, you can see where a difference in the cups capacity to that upon which the recipe was originally based, could contribute to less than perfect products.

All this problem could be solved if home recipes were to borrow a page from quantity food preparation recipe books where all ingredients of any consequence are listed by weight. Only water or milk is measured. Even for these liquids the accuracy of the measuring device would need to be checked. Simple illustrations of how measuring ingredients can vary in results shows the advantage of weighing over measuring a cup (8 oz. volume) of chopped onion can vary in weight from 3½ to 6 ounces depending on how tightly or loosely the cup is packed, a casserole calling for half a cup of onion might be very tasty with 1¾ ounces of onion but might be almost unedible with 3 ounces as onions are pretty potent.

Some of you may have a scale and may wish to try out your recipes by

(Continued on page 22)

Equivalent Weight and Measurements

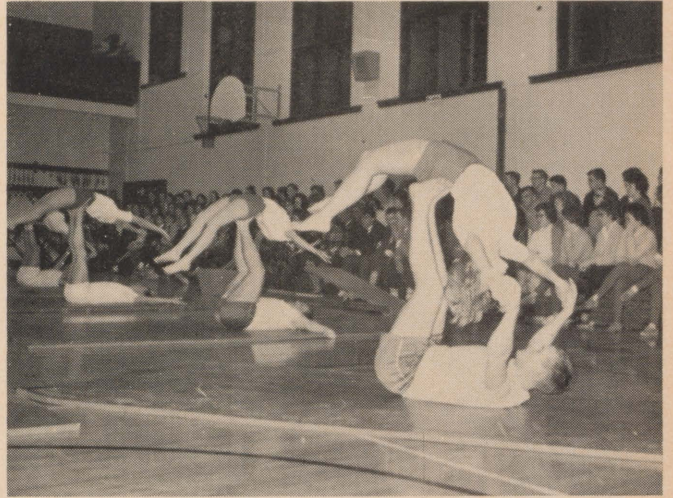
1 — 8 oz. cup of each item equals the weight adjusted to the nearest ¼ oz.

Apples raw diced	5 oz.	Molasses	11 oz.
Apples raw sliced	4 oz.	Nuts chopped	4½ oz.
Apples raw cooked	8 oz.	Rice cooked	6½ oz.
Butter	8 oz.	Rice raw	8 oz.
Cheese bulk	8 oz.	Sugar gran.	7 oz.
Cheese grated dry	3½ oz.	Sugar brown	5 oz.
Cornstarch	5 oz.	Sugar icing	7 oz.
Dry cereals (most)	1½ oz.	Salt	10¼ oz.
Flour sifted	3¼ oz.	Shortening	6½ oz.
Flour not sifted	4 oz.		
Lard	7½ oz.		



THE QUEEN: Miss Heather Hume, second year Physical Education student, was crowned by Dr. Ed. Lister, president, Macdonald College Branch, McGill Graduates Society.

PHYSICAL EDUCATION DISPLAY: as in the past, a highlight of the College Royal '64.



Macdonald College *ROYAL*

H I G H L I G H T S



▲ SPECIAL CAREER INFORMATION ROOM: Bob Brawn discusses careers with a group of High School students at the Royal.

FRIENDLY RADIATION: Winning booth display by the General Biology Option. Judges, from left, Prof. N. Hawn; Kemptville Agricultural School; Mme J. Benoit, Montreal; Mr. H. G. Ferrabee, Director Teaching Aids Centre, Protestant School Board of Greater Montreal.



▲ OFFICIAL OPENING: Guest speaker Dr. J. Roby Kidd, secretary of the Humanities and Social Sciences Council.

Compiled by T. Pickup of the Information and Research Service,
Quebec Department of Agriculture and Colonization.

This month in the FAMILY FARM Section

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Oats contest — 1964

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Old geese can lose money
Raising geese

page 14

Dwarf cabbage bred for modern
needs
Proper temperatures for chicks

page 15

Iron is indispensable for piglets
Raising hogs for market

page 16

Why sheep rearing is not always
profitable
Growing flax for linseed oil

**PHOTOGRAPHS BY
OMER BEAUDOIN**



Ghislaine and Réjeanne Laliberté stooking oats on their father's farm at Honfleur, Bellechasse County.

OATS CONTEST — 1964

Sponsored by the Coopérative Fédérée de Québec and the Canada and Quebec Departments of Agriculture; organized by the Executive of the Quebec Seed Board.

Prizes

Standing Crop	Total of prizes	\$ 700.00
Regional Contest (two sections)	Total of prizes	1,250.00
Awards to seed cleaning plant operators		100.00
Provincial Contest	Total of prizes	700.00
		\$2,750.00

Territory

The province is divided into five regions as for the Agricultural Merit Competition. Region No. 3, to which the contest will be restricted this year, comprises the following counties:

Beauce	Kamouraska	Mégantic
Bellechasse	Lévis	Montmagny
Dorchester	L'Islet	Rivière-du-Loup
Frontenac	Lotbinière	Témiscouata.

The region will be divided into two sections and the contestants of each section will be entitled:

1. — to participate in the standing crop contest, for which \$350.00 is available in prizes for each section:
2. — to enter the Regional Contest:

a) providing they have obtained 60% of the total points allowed for the standing crop;

b) providing they have 60 bushels of cleaned oats available
(Continued on page 16)

This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture and Colonization.

RAISING GEESE

We are not making the most of all the economic advantages offered to us by rearing of geese, believes Mr. L. A. Bélisle. Amongst these advantages are the small initial capital outlay needed, and the possibility of making use of pasturage which furnishes nearly all the food required and thus markedly reduces costs of production.

The labour required can be provided by youngsters who, looking for a way to earn extra money, can organize a small, local market sufficient to absorb the larger part of their production.

In the past, goose flesh has enjoyed great popularity and still has its enthusiasts. Indeed, particularly during recent years, there has been a strong demand for meat of this type in Quebec, and our Province produces only one third of the amount we consume.

The well-known hardness of geese is another of the advantages: the ordinary diseases of chickens and turkeys are rarely found amongst geese.

Following the early stages of rearing — lasting from two to three weeks — pasturage is called for. The pasture should be quite large and, if possible, consist of good, succulent grass: occasional mowing will rejuvenate it and help to keep it tender. Contrary to popular belief, geese being raised for meat should not have access to a pond, tank, or natural water-course. The frolicking of the birds in water helps to harden their muscles and has an adverse effect on the quality of their flesh.

Among the small inconveniences met with in this branch of poultry-keeping may be mentioned killing and dressing, which present difficulties owing to the absence of abattoirs organized for such work. However, demand for live geese is quite strong and prices paid for them are reasonable. In some parts of Quebec foxes, which are very fond of geese, cause fairly considerable losses. This can be remedied by keeping the birds penned up at night in a small enclosure near the buildings.

To sum up, the raising of geese as a family enterprise with the assurance of a good local market is an interesting and quite profitable undertaking.



OLD GEESE CAN LOSE MONEY

It has long been accepted that geese will live and lay almost for ever. One suspects that the theory has at any rate always been useful in making a deal. Actually, it has finally induced some overdue research into these birds.

Fascinating and eminently worthwhile material has resulted from the efforts of Messrs. Merritt and Lemay of the Animal Research Institute, Ontario and La Pocatière Research Station, Quebec. Not the least of it is the number of myths exploded.

The most important of these is the one about longevity. Although geese are generally considered to be long-lived, it was found that only 63% of the females survived to the end of their fifth laying year. On the other hand, only one male bird died. It was characteristic for the losses to occur just before the end of the laying season — in late June or early July. And there were no specific symptoms.

As the birds aged it was found that egg production tended to fall. They reached their prime at three years. This pattern might be expected, though not the decline thereafter. A dramatic drop in fertility of both male and female birds from the first year onwards was recorded. This proved to have been

one of the most important features of the survey. The investigators confess that "the severe and continuing drop in fertility was unexpected", and state that the extremely low fertility of 29, 14, and 13 per cent from the third year onwards would seem to place a severe restriction on the time geese should be kept.

A large number of the male birds were in fact completely infertile in the later years. The theory put forward is that this may be due to overfatness, and some form of feed restriction might be effective.

One other major finding is the confirmation of poor performance in the first year. Nearly everyone breeding geese believed this to be the case: now it is proved beyond doubt. "With only minor exceptions, performance in all respects except fertility was poorer the first year than any subsequent year". It is a surprising and unusual fact that this included the level of egg production.

So it must be realized that geese are not usefully long-lived. A major part of the trouble with them may be due to in-breeding. It almost invariably happens that later generations continue to

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Dwarf Cabbage

Bred for Modern Needs

Charles Walkof

DWARF CABBAGE, a modern plant breeding innovation, has increased the popularity of this vegetable with the food shopper. The small heads from dwarf plants are preferred to the conventional, 8-10 lb. heads, particularly by the small family. This preference has been enhanced because several high quality, small-head-producing varieties and hybrids are now available to growers. The dwarf-size heads average 3 lb.

The development of dwarf or small-headed cabbage has been a part of the breeding program at the Modern Experimental Farm. A series of three dwarf strains has been produced, in which the heads are smaller than the 3 lb. commercial type, to provide for the limited quantities of cabbage often required for preparation of salads and cole slaw. Also, the miniature heads suggested new methods of cooking which could increase the palatability of the vegetable.

The three strains of dwarf cabbage selected at Modern range from ½ to 1½ lb. per head. They were selected from plants segregating for head size in the progeny of a three-way cross; Early Vienna × Golden Acre, standard type, crossed with Golden Acre No. 84. Dwarf plants were observed in the first cross but none had the extreme dwarfness found in plants from the second cross. One or two from the latter produced heads weighing about ¼ lb. These were the extreme type produced by the gene for small-head size.

As a rule, weight does not provide a good measure of cabbage-head size for a written or oral description. Therefore, it occurred to us that a comparison with well known objects of somewhat similar size such as a baseball and softball would be appropriate. The size likeness of a baseball in the strain weighing ½ lb. per head suggested the name Pee Wee, the strain having 1 lb.

heads, comparable to softball size, was named Little Leaguer, and the strain with 1½ lb. heads, Junior. The three as a group were facetiously designated 'the baseball series' of dwarf cabbage strains. All are considered to be useful economic types.

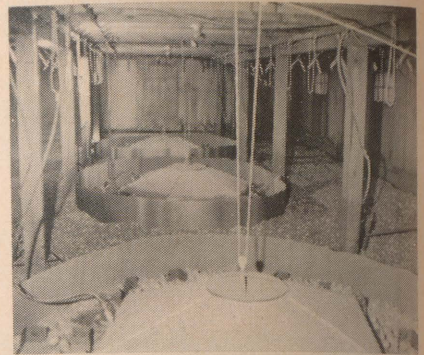
In our experiments, we found that the three small-headed strains have good quality. Heads are firm and hard when ready for use. The core or hard base of the heads to which the leaves are attached is small — a preferred characteristic. The leaves are fine textured. The flavor is highly rated when the small heads are used raw in salads or when cooked.

Normally, cabbage intended for boiling is cut or shredded first. In our opinion, the aroma or bouquet of the vegetable, the delightful part of cooked cabbage, is dissipated in this way. One of the reasons that Brussels sprouts are popular is that the little heads are cooked and served whole and therefore the delicate, aromatic flavor is retained until they are consumed. The dwarf cabbage heads can be treated in the same manner as sprouts and in flavor tests have been more pleasant for eating when cooked whole rather than cut.

When the heads of early cabbage are harvested there is sufficient time during the growing season for adventitious buds or little heads to develop on the stumps of the plants. From 3 to 5 such buds may form and produce useful heads. However, it is essential that adequate soil moisture be assured the second crop. The dwarf strains, Pee Wee, Little Leaguer and Junior, due to their early maturity, will produce primary heads from transplants early in the season and develop a crop of secondary heads by early September. The latter resemble heads of Brussels sprouts in size and appearance. Also, when cooked they have a flavor comparable to that of Brussels sprouts.

Commercial seed growers will have an opportunity to obtain stock seed from Modern for multiplication and general distribution as soon as the three small-headed strains breed true. This will likely be within one or two years.

(From RESEARCH FOR FARMERS, Vol. 9, No. 1, Ottawa).



These chicks are in the first stages of rearing on the farm of Mr. P. E. Fontaine at Weedon in Wolfe County.

PROPER TEMPERATURES FOR CHICKS

Adequate and steady warmth in the brooder house is an important factor in the successful raising of chicks. Brooder stoves must be working perfectly and should have reached the required temperature 24 hours before the arrival of the chicks. Beginners who wish to use a thermometer should remember that, hanging from the edge of the canopy with the bulb two inches from the floor, it should register 95°F. However, the behaviour of the chicks is the only real indicator of "correct" temperature.

Mr. Camille Guertin of the Quebec Department of Agriculture and Colonization makes the following recommendations to poultrymen:

As soon as the chicks arrive, regulate the ventilation, taking into account temperature and weather conditions. The comfort of the chicks being your guide, you will tend to lower the temperature of the brooder house gradually. Make sure, however, that there are no draughts. A supply of fresh, pure air is as essential to the proper development of chicks as are complete diet and clean water provided in a comfortable brooder house. Because of the very low outdoor temperatures sometimes reached during the nights, it will sometimes be necessary to close air inlets or windows.

As the birds grow, the temperature should be lowered, though it must be borne in mind that chicks require comfort at all times. If, in the absence of draughts, they huddle together under the canopy and become inactive, it is obvious that they are cold and need more heat. On the other hand, excess of heat will make them lie down on the floor of the pen far from its source, and crowd along outer partitions.

In too many cases, chicks are kept in an overheated atmosphere. They are more comfortable than some poultrymen are inclined to believe, when they are in a brooder house that is

(Continued on page 16)

This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture and Colonization.



This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture and Colonization.

Mr. André Durand of St-Tite, Laviolette, and his daughter Louise inspect their litter of piglets.

IRON IS INDISPENSABLE FOR PIGLETS

Piglets are very prone to suffer from a shortage of iron. To begin with, their bodily reserves of this element are very limited (about 50 milligrams). Furthermore, sow's milk is almost entirely lacking in iron, containing only about 1 milligram per quart. Nevertheless, a piglet needs approximately 7 milligrams of iron a day for normal growth and development.

Iron is necessary for the formation of haemoglobin and red blood corpuscles. Insufficiency of haemoglobin results in anaemia, characterized by paleness of the mucous membranes of the

nose and mouth. In young pigs deprived of iron, anaemia shows up at about three weeks of age: their growth is retarded and weakness exposes them to other diseases and ailments. Deaths are common among such pigs during the fourth and fifth weeks following birth.

There are a number of ways of providing piglets with the iron they need. Mr. J. R. Proulx of the Quebec Department of Agriculture and Colonization describes some of them as follows: The treatment consisting of injection of a solution of iron-dextrin or iron-dextran is now recognized to be

effective. If properly administered, a dose of 150 milligrams during the first week is enough to prevent anaemia. Oral doses of iron compounds are absorbed by the repeated: they may be given in the form of pills, mash, or liquids. The pig raiser may also supply piglets with iron by putting grassed sods or turf in their pen, or by daubing the sow's teats every day with a suitable concentrated iron solution.

Litters farrowed in the fall, not having access to the soil, are more liable to anaemia than those born in spring.

RAISING HOGS FOR MARKET

For the production of first-quality hogs, there are two essentials that should never be forgotten: the choice of good stock, and proper feeding.

If the hog raiser will take the trouble to consult the reports of the Government of Canada on Advanced Registry, and those of the Government of Quebec on its Swine Progeny Testing Programme, he will find it quite easy to select his breeding stock.

Mr. Georges Mayrand of the Quebec Department of Agriculture and Colonization considers that feeding is probably the factor that requires the most attention, because it is so diversified (every manufacturer of feed having a "magic formula"). However, among hogs which are fed a good, balanced ration, some produce more fat than

lean while others produce more lean than fat. In such cases, the decisive factor lies in the hereditary characteristics of the animals rather than in the feeding.

The lean, meat-type hog is of more than average length, and yields well-muscled loins, shoulders, and hams. In addition, its back is strong and belly firm; the shoulders are well attached, and the hams well developed and filled with meat. It is possible to produce hogs of this type by putting into practice the principles of good breeding, and using ordinary feed.

It is recognized that the bones and muscles are developed before a hog begins to put on a covering of fat. Thus, if hogs are fed an inadequate or badly balanced ration from birth to 100-125 pounds, and are subsequently overfed, their skeleton and musculature

will not be in proportion to the amount of fat they will acquire. If a hog is to put on flesh normally, he must be fed an energy ration capable of ensuring rapid growth, from birth till he attains the above-mentioned weight.

Some pig raisers continue to feed their hogs from feeders, without restriction, after they have reached a weight of 125 pounds; others prefer to limit their feed in order to lessen the risk of putting too thick a layer of fat on them.

The kind of hog for which there is most demand on the market should weigh from 200 to 210 pounds, live weight. If it has been bred with due regard to type, it should yield a carcass of the first quality. Some breeders wonder whether the present system of

(Please turn page)



One of the best flocks of Leicester sheep in Quebec, owned by Mr. A. Sevigny of Princeville, Arthabaska.

WHY SHEEP REARING IS NOT ALWAYS PROFITABLE

Since the turn of the century, the number of sheep in Quebec has greatly declined: it is only during the past few years that we have seen signs of revival in this branch of farming.

A number of causes contributed to the decline in sheep raising. In some regions, predatory animals have forced farmers to give it up, while in others lack of the necessary knowledge and skill, leading to disappointments, has been a discouraging factor.

Mr. Gérald Rousseau of the Quebec Department of Agriculture and Colonization believes that sheep rearing, instead of being regarded as a minor or secondary farming enterprise, should be given pride of place in regions where conditions are favourable to it. In fact, during recent years, the Department, through its Animal Productions division, has advocated the regionalization of sheep rearing in Quebec. Unfortunately, owing to the existence of so many small sheep flocks scattered throughout the Province, it is difficult to carry out such a policy and to apply improved techniques. Furthermore, in the all too many cases in which sheep rearing has been relegated to the background of an agricultural enterprise, the farmer has not been able to take enough interest in it to make it profitable.

It is not recommended that every farmer should be encouraged to become a shepherd, because success in this side of farming depends to a great extent on the individual's knowledge. To succeed in the rearing of sheep, it is necessary to proceed gradually and start with a minimum of twenty head, so as to become familiar with good methods and techniques. When sufficient skill has been acquired, the size of the flock should be increased fairly rapidly till it becomes a considerable and profitable undertaking.

It is to be hoped that, in the future, all those who raise sheep will have the valuable help of a technical adviser who will be able to guide them, teach them the necessary skills, and

give them help and support in the application of a general programme.

Mr. Rousseau recalls the chief factors of success with sheep. In the first place, prevention of disease and control of parasites is of prime importance. In addition, ewes require proper feeding and care, especially in winter, both before and after lambing. Next, it must be remembered that the rearing of sheep will be an economical enterprise in so far as their pastures and forage are of first class quality. Finally, lambs of the choicest possible quality must be produced and marketed when prices are high.

RAISING HOGS FOR MARKET

(continued)

grading carcasses meets the consumer's requirements and, at the same time, does justice to the producer. Studies now being carried out will eventually provide an answer to this question. A hog bred from a good line, and free from parasites and diseases, should grow quickly and economically on a ration that is not too complicated.

PROPER TEMPERATURES

(continued)

slightly on the cool side. The cost of suitably heating a well-ventilated brooder house is largely made up for by the sound development of a healthy, vigorous flock.

It should not be forgotten that the rearing of poultry is a battle that is won or lost during the growing stages of the birds. If the flock does not get off to a normal start, it is useless to hope for maximum results. Good growth and development under normal conditions is the key of success.

OLD GESE

(continued)

run with the older birds. There has been almost no attempt at progressive breeding, strain improvement, or selection. The potential must be there, however, and it would be useful if someone would start to exploit it. Too much is taken for granted in the management of geese. This is another fact revealed by the research. For this at least the remedy is in our hands, and a fresh approach can start at once. It is bound to give greatly improved returns.

(From: *FARMER AND STOCK-BREEDER*, December 31st, 1963)

This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture and Colonization.

OATS CONTEST

(continued)

- able on November 15, 1964;
- c) providing the sample, collected by the judge and analysed by the Plant Products Division Laboratory, proves at least equal to No. 1 Commercial Seed Grade;
3. — to compete in the Provincial Contest providing they are among the first ten in their respective sections.

Requirements for entry

1. — Only genuine farmers are eligible;
2. — an application form must be signed and left at the local agronomist's office before June 1st 1964;
3. — use at least 15 bushels of registered seed of any of the varieties recommended by the Quebec Seed Board (Glen, Shefford, Garry or Roxton) to sow the seven acres required for the contest;
4. — the crop must be the property of the contestant.

Standing Crop Contest

This contest will be judged a few days before harvesting. In the awarding of prizes, the judges will evaluate the crop on the following basis:

Fertilization and soil preparation — estimated yield — freedom from other grain, weeds and diseases.

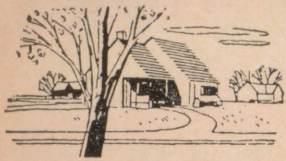
GROWING FLAX FOR LINSEED OIL

Mr. A. Schiller, agronomist and technical adviser of the Canada Linseed Oil Mills Ltd., 2215 Notre-Dame East, Montreal 24, makes the following comments on the production of flax seed in Quebec.

Wet weather in the fall of 1962 caused ploughing to be postponed, with the result that about 75% of the 1963 flax crop was raised on land ploughed in the spring. However, we know from experience that flax yields better on land ploughed in the fall.

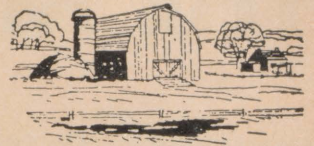
It was also found to be almost impossible to apply weed-killers, especially on heavy soils, owing to the impassable state of the land at the proper time for spraying.

Crops suffered about ten days of excessive heat that caused flax to mature rather than develop normally. Following this dry spell, there was a great deal of rain which did not do much to help the flax. The drought and rain seem to have been responsible for poor pollination that greatly affected yield. In spite of all these setbacks, yields were still about ten bushels to the arpent.



The Better Impulse

NEWS AND VIEWS OF THE
WOMEN'S INSTITUTES OF QUEBEC



DEWITTVILLE W.I. CARNIVAL WINNERS

A skating carnival was held recently in Dewittville, at the W.I. open air rink. The rink is owned and operated by the Branch, with volunteer assistance and donations from the community.

The carnival winners are shown in the above photo. They are, from left; Wendy Kyle, bat; Dr. J. W. Abraham, UNO WHO; Bernice Beattie, angel; Gay Liane Fiset, scarecrow; Connie Beattie, father time; Bobby Ruddock, clown upsidedown.

FROM THE OFFICE

If your branch has extra Hand Books, don't throw them out. The Handbook is to be revised which will take over a year before a new supply can be printed and as the present books are in very short supply, we will be calling in the extras.

COUNTY PROJECTS

SOMETHING NEW: GRANBY HILL donated \$50 to pay rental on Television Set for Granby High School, so that students may benefit from the TV School Broadcasts recently started by the Department of Education. Does your school see the programs?

ANNUAL COMMUNITY PROJECT in RAWDON is a well-organized and beneficial DENTAL CLINIC, for children. The need for dental care was brought to the attention of the

branch by the then-convener of Health and Welfare, Mrs. G. Robinson, R.N. Clinic is planned to reach all children in Grade 1, and to follow them through the elementary grades as further work is needed. Children receive dental examinations: if work is required, parents are notified for proper authorization of work to be done. A Dental Committee sets up appointment schedules, with a list going to the School Principal so the child may be released, and to the dentist, and with parents notified separately. The project depends on the generous cooperation of a local dentist who gives his time at a moderate flat rate per hour, and continues the clinic work until all patients are attended. The branch does the organization and keeps the plan running smoothly; it assists in payment where necessary, or where the amount is large, with most parents paying all or some of the charges. To finance the undertaking a Rug Kit is purchased, made up, and

HEALTH TODAY

In order to compete with the day to day demands of a changing world, it is necessary that we establish a well balanced health program. Among the factors essential to the peoples health are; prevention and detection of disease, adequate nutrition, good housing, exercise and leisure. High on the health program however, is the wise and sensible conduct of the individual and his acceptance of personal responsibility.

The complete eradication of tuberculosis is not yet a reality. This disease is still too prevalent among the underprivileged, the under nourished and the unenlightened. It is paradoxical that the encouraging statistics have given to many a false sense of security and a feeling of complacency, as though the disease no longer exists. This disease must be vigilantly pursued. Tuberculosis can be cured only when it is recognized and it can be recognized and cured only when every individual co-operates with health officials in the planned program for detection of the disease. Therefore let us take advantage of the mobile X-ray units which criss-cross all over the country taking miniature exposure X-rays of the chest in order to ferret out the hidden cases.

It is true that many of the health hazards of today relate directly to our personal habits and to chemical agents which surround us, namely: air pollution, cigarette smoking, the increased incidence of lung cancer and cardiovascular diseases. The increased number of deaths from highway traffic accidents and accidental poisoning in childhood are examples of menace to our health which your doctor has to deal with, but which can be prevented by you and you.

The promotion and protection of mental health acquires a new significance, namely the integration of psychiatric services with the rest of medicine to reduce the stigma of segregation.

(Continued on page 20)

tickets sold. The Clinic is now held in the Protestant School and in the English Catholic School, and is a project with long-term aims, and lasting results.

THE MONTH WITH THE W.I.

ABITIBI-EAST: MALARTIC held Hat Remodelling Course, and course in Culinary Arts.

ARGENTEUIL: ARUNDEL entertained husbands at Valentine party with amusing games played. BROWNSBURG saw slides of Wild Flowers of Argenteuil, with commentary by Dr. R. G. Rigby; Roll Call — showing of home-made Valentines. DALESVILLE-LOUISA also entertained husbands at Valentine party; Mr. M. Wilson, C.P. representative spoke on birds and wild life, showed coloured slides. FRONTIER heard Mrs. M. Bradford, School Nurse, on her work in Lachute, Grenville and Arundel; contest on fancy breads, won by Mrs. P. Clarke, Mrs. Gaston. JERUSALEM - BETHANY: held a display of handicraft, and of old or unusual buttons. LACHUTE heard Mr. J. LaForest on activities of The Art Centre in Lachute. MILLE ISLE read articles from Federated News, and from "Freedom from Illness" Bulletin; donated to Save the Children Fund. PIONEER: Mrs. Stephens, County President was guest speaker; Valentine Party followed. UPPER LACHUTE-EAST END finished 2 quilts and are working on more; planned program for coming year.

BONAVENTURE: BLACK CAPE: Mrs. H. Campbell spoke on "Learning French"; successful home-bake sale held, proceeds to help support the Institute's orphan girl in the Philippines. GRAND CASAPEDIA held banquet for members and guests; sale of household articles and turkey netted a good sum. MATAPEDIA supplying Halibut Oil capsules for school children, and continue assistance to hot school lunches; social evening held. RESTIGOUCHE held successful card party, donated baby food to needy infant; special Pennies for Friendship Collection.

BROME: ABERCORN received donation of wool, distributed it to members for knitted articles for Christmas Stockings; sold Fan quilt; all members made suggestions for next year's program. KNOWLTON'S LANDING welcomed a new member; held discussion on duties of a good citizen, and discussion on publicity for the W.I.; Contributed to Quebec Service Fund. SOUTH BOLTON purchased stove for kitchen they are furnishing; Roll Call-your choice of profession. SUTTON held successful sewing course; won 1st prize for hand-knitted socks at Semi-

Annual, Roll Call- 2¢ inch for the right foot.

CHATEAUGUAY - HUNTINGDON: AUBREY-RIVERFIELD held quiz on Flowers; sent Valentines to Children's Hospital; sent jams and jellies to Preston Home; each member demonstrated an article being worked on at present time; paper on "Grandma's Shortbread". DEWITTVILLE held Skating Carnival at their Community Rink, with good attendance and great enjoyment. DUNDEE had Miss M. Thompson, County Nurse as guest speaker; interesting discussion on oldfashioned remedies and their modern counterparts; held card party; recipes for casseroles. HEMMINGFORD heard paper on cost of living, with ideas on food buying to keep within the budget; held card party; used Christmas Cards sent to Taiwan Mission; listed some of advantages of a PTA; donated to High School Year Book as encouragement to students in this project. HOWICK heard Mr. C. Curtis on the new Disaster Plan for this area; First Aid ideas; branch sells cards as money-raising project, and added \$100 to their funds in this manner; Share-A-Loaf Card filled; purchased 2 Coupons #367. HUNTINGDON welcomed 2 new members; donated 3 quilts and children's hose to Unitarian Service; donation to Save the Children's Fund.

COMPTON: BURY welcomed 3 new members; served pot-luck supper after the meeting; donated to Maplemount. CANTERBURY donated to Maplemount, working on Christmas Stockings. COOKSHIRE heard talks on importance of Agriculture; resume of the late Pres. Kennedy's speech "Peace for Everyone, Everywhere"; Mrs. Standish showed slides of her flower garden, and of winter scenery; sugar-saving hints given. EAST ANGUS entertained Co. Pres. Miss. L. Palmer, and Bury Branch; talk on England by member who recently spent 2 months there. EAST CLIFTON; talk and discussion on Canadian Bill of Rights and Bill 60; held penny auction; special collection for Pennies for Friendship; donated to Que. Service Fund. SAWYERVILLE heard Mr. Visser of Dixville Home for Retarded Children; followed by question and answer period; donated to Home. SCOTSTOWN sent sampler to Macdonald College.

GASPE: GASPE saw film "Education of our Children"; travelling apron raised funds. MURDOCHVILLE heard of

possible ill-effects of aspirin. WAKEHAM sent gifts to sick, shut-ins and to Verdun Hospital; donated tea towels to Wakeham school. YORK gave gifts to recently bereaved persons.

GATINEAU: AYLMEER EAST: Mrs. B. McClean gave detailed study on Spices; measure and spice-guessing contest held. EARDLEY: papers on "After Christmas" and "Drugs and Cheese Don't Mix"; donated to Shawville Hospital; RUPERT: How to prevent accidents in the home; candy sent to each patient at Morningside Home; contest on spices. WRIGHT celebrated their 25th Anniversary, and honoured the five charter members who were present; special birthday cake made by Miss. I. Derby; speaker was Dr. Hans Geggie, on Health, with special reference to Impure water and arsenic poisoning.

JACQUES CARTIER: Ste Anne de Bellevue established bursary of \$100 for Macdonald High School students.

MEGANTIC: INVERNESS received order for Dresden Plate Quilt; sold remnants, and one pair home-made socks. KINNEAR'S MILLS held card party, and imaginary food sale to raise funds.

MONTCALM: RAWDON: open meeting with coloured slides of Holy Land, and local Rawdon scenes.

MISSISQUOI: COWANSVILLE enjoyed program of recorded music, arranged by Mrs. G. Shufelt; Roll Call named a favourite composer and one of his compositions; donated to Save the Children Fund. DUNHAM were pleased to see the W.I. Plaque which will be unveiled this summer; celebrated birthday of Mrs. O. C. Selby, with special cake; received gift of a quilt top which they will make up. FORDYCE sent Valentines to shut-ins; made a quilt; Pennies for Friendship for past year amounted to \$27.00. STANBRIDGE EAST heard Mrs. C. Richard on Bill 60; contest on homemade candy with entries donated to Junior Red Cross for sale at school; donated to hot school lunches; donated remnants sold.

PAPINEAU: LOCHABER heard excellent report of Prov. Semi-Annual by Mrs. Johnson; sent snapshots to Mrs. A. Coates for Canadian Mosaic; donated to Save Children Fund; contest on What's On Our Money — (silver and bills); going-away gift to member who is returning to Holland.

PONTIAC: BRISTOL held auction. CLARENDON collected \$240 for

(Continued on page 20)

The DIXVILLE HOME for RETARDED CHILDREN

(from material supplied by the Dixville Home)

IN 1958 Mr. John Visser and Mr. Gerrit Van der Mark, two young male nurses from Holland rented a small frame building for the sum of \$25.00 per month in Dixville, Que. This had been the former Baptist parsonage. Both young men had been trained at different mental institutions and also at institutions for Epileptic and Retarded. Their desire was to try to create ideal living and training quarters for their patients.

A license to keep thirteen children was granted in October 1958. The Institution began as a home for non-educable children. Additional property was bought and after about two years of operation the first educable and semi-educable children were admitted.

The purpose of the Dixville Home when started was to provide a home for those retarded children who, because of behaviour difficulties, could not remain at home with their parents. It was decided that we should operate the Home so that any child could be admitted regardless of race, creed or color; but that we should try to establish a residential school and try to get away as much as possible from institutional surroundings in the living quarters. Also if a school be started that classes should not exceed ten children.

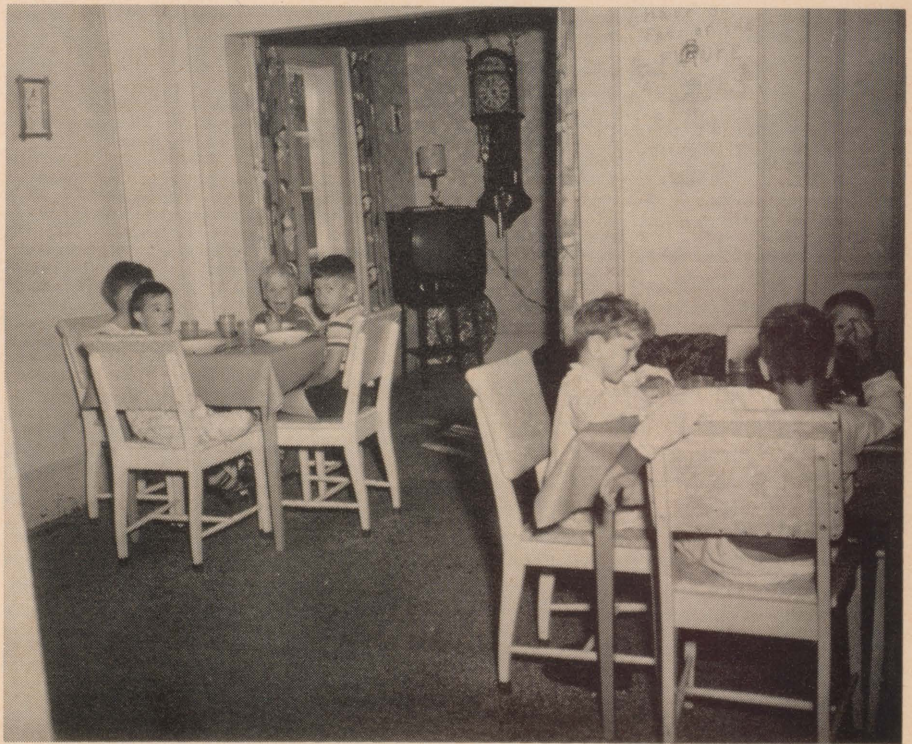
The present situation : The Dixville Home includes property of a about 20 acres in the limits of the village of Dixville. all accessible by water and sewage mains. There are presently seven buildings used by the Institution. One is the school; one the chapel; two cottages; one office building and one staff residence; and the main building. The Home itself is divided in sections; there is one cottage for the educable children housing presently 22 children. There are two sections for non-educable housing 30 children and 40 semi-educable children; they live in three separate sections. Admissions are presently made by the following organizations; the Protestant, Jewish and some of the Roman Catholic agencies, but mostly from the English speaking group of population; also the Allen Memorial Institute; the Verdun Protestant Hospital has advised one placement and is willing to place others if space is available. Altogether there now are 94 children and 32 staff members.

The Dixville Home School : All materials presently used are in the English language. The school has presently four teachers and there are four classrooms. Thirty children are presently enrolled in the School. Also, besides the academic program of the School, there is a program teaching gardening and care of landscapes etc. A group of teenage boys is working in the laundry. Then we have a group of girls who work as kitchen help and assistants to the attendants.

In the cottage for the educable housing 22 children, the groups are divided in groups of 6 per living room. Those in charge act as substitute parents.

Mr. John Visser. The Roman Catholic children get individual instruction by the Roman Catholic chaplain who also hears confession on a monthly basis. The chaplains do visit the School once a week and the Principal of the School has her own religious program for the children. Any problems that cannot be handled by the chaplain will be handled by the Sherbrooke District Ministerial Association.

Training courses for Personnel : A Short Course was given by the Superintendent during 1961 and 1962 — only once a week in the winter season. Starting the first week of October 1963, a more extensive course for training of personnel was started. Subjects



The dining room of Dixville School for Retarded Children at Dixville, Quebec.

Religious Education Program : Religious Educations programs for both Protestant and Roman Catholic children are in existence. We should mention the Rev. W. Shell, Baptist minister. He is the chaplain of the Dixville Home for Protestant and Jewish children. Rev. Arthur Sideleau of the parish of Stanhope is the Roman Catholic chaplain. There are four classes for religious training in the Protestant group and they are directed by the Superintendent of the Dixville Home,

taught are : 1. Anatomy of the human body. 2. Knowledge and detection of common illnesses. 3. First aid. 4. Nursing principles and general care of retarded and epileptic children. 5. Basic knowledge of Psychiatry. 6. Proper reporting on daily behaviour and general health of the retarded child. 7. Principles of educating the retarded. This is a 3-year course and is held from Oct. 1 to May 31. The course is given

(Please turn page)

THE DIXVILLE HOME

(continued)

by the Superintendent, the Principal of the Shool and the Head of Staff.

Plans for the future: Plans to build a new institution with cottages for 12 children, housing two groups of 6 under a substitute father and mother. Plans to increase educational facilities. Plans for training facilities for older retardates. Plans to buy farm property for the use of the inmates (purpose farming, tree farming, greenhouses etc.)

We have started our own clinic to be staffed by visiting physicians and psychiatrists. Plans to erect a hospital section on a separate property, but close enough to each other, making it possible to use and operate both sections of the Institution successfully.

Plans to limit the capacity of the hospital to less than 300 so that proper individual care may be given to each patient. This also includes the residential sections.

MONTH WITH THE W.I.

(continued)

C.N.I.B.; catered Annual Meeting Pontiac Agricultural Society; Mr. J. Tracy spoke on his life among the Eskimos at Fort Chimo. FORT COULONGE sent boxes to shut-ins; heard paper on "Canada's King of Cards has a Forever Business" (W. S. Coutts). SHAWVILLE: Mr. Coffin, Vice-Principal Shawville High School, spoke on Task of Teachers in the 1960's. STARK'S CORNERS heard household hints. WYMAN held social evening with humorous readings and contests. Purchased Coupon #367.

QUEBEC: VALCARTIER: films on "Heart and Circulation" and "Cancer"; donated \$200 to School for Retarded Children in Quebec City; delegation appointed to visit Zion Home for Underprivileged Children in Charlesbourg; quilt blocks collected; cancer for cottons.

RICHMOND: CLEVELAND held Fashion Show, with members modeling dresses they had made; apron contest held, quilt blocks distributed to members; donations to St. Francis High School and to Cecil Butler Home. DENISON'S MILLS: Guest Speaker was Mrs. E. Gilchrist, County President on W I projects; wool purchased and distributed for articles for Christmas stockings; social evening with cards, followed. GORE held card party; raised \$80 through sale of cards, notepaper etc.; Branch History brought up to date by Mrs. W. Gee; Cancer pads, and squares, and several bed-jackets sent to Drummondville Cancer Centre; made scrapbooks for Cecil Butler Home, using old Christmas cards.

MELBOURNE RIDGE collected articles for burned-out family; donated to Save the Children Fund; exchanged Candy recipes. RICHMOND HILL listed and described Institute achievements; received gift of elastic, which was sold to raise funds; Crazy Quilt blocks brought in. RICHMOND YOUNG WOMEN donated to School Lunches, and to Save the Children Fund; sold material; contest on advertisements. SHIPTON: contest on homemade Valentines; donated to March of Dimes. SPOONER POND: contest on Health and Food Values; auction sale held.

ROUVILLE: ABBOTSFORD: had Mrs. D. Reed, School Nurse, as speaker on the School's Health Program; of particular interest was the proposed new method of TB testing to replace the Patch Test; pamphlets on Nutrition distributed; Mrs. Reed noted the close link between Montreal Children's Hospital and smaller communities; Tupperware party raised funds for the Branch. ABBOTSFORD — No! Abbotsford hasn't got Beatlemania! They held a sewing course — not a swing course (see Feb.), and have many fine garments to prove it. Mrs. G. Pelletier, Convenor Home Economics, reports excellent attendance, with dresses, suits and other articles completed.

SHEFFORD: GRANBY HILL sent birthday gifts to Verdun Hospital; sent used clothing to Unitarian Service; Roll Call: "Guess weight of lady on your right" (!) WATERLOO - WARDEN heard guest speaker on Education; roll call - tell an experience that taught you a lesson.

SHERBROOKE: ASCOT discussed 4H clubs, donated to local club; contest on Music Terms. BELVIDERE heard talk by Mrs. C. Drummond on Adelaide Hoodless Home; donated to local 4H Club. LENNOXVILLE heard article on Links with the Past, by Mrs. W. Beattie; hints on buying household linens; 24 gifts sent to cancer patients; donation to hot school lunch program; old-time hat parade and millinery sale held. MILBY: Miss. A. Roberts spoke on the Importance of making a Will; donations to hot school lunches, and to school prizes. Branch honoured Mrs. Archie Fairbrother, by presenting her with Life Membership.

STANSTEAD: AYERS CLIFF canvassed for the Blind. HATLEY donated to hot school lunches; canvassed for the Blind; delegates attended ARDA meeting at Ayers Cliff. HATLEY CENTRE purchased wool blankets, collected household articles for burned-out family; jumbled word contest of diseases and aids for same. STANSTEAD NORTH heard Mr. I. Lemon, former-

ly of Sweden, talk on farming forestry in that country; baked foods auction; maple sugar sent to pen-pal W I Branch in Stanstead, England; sent Valentines to Dixville Home. WAYS MILLS discussed Quebec potatoes, their quality and marketing; received letters from pen-pal Cross-in-Hand.

TWO MOUNTAINS: OKA enjoyed interesting talk on history and customs of the Iroquois, with books and illustrations, given by Mrs. H. Oke. Surprise baby shower given.

VAUDREUIL: CAVAGNAL held Valentine's Card Party. HARWOOD heard Mr. Robert Caron, speaking on the fabulous "Cite des Jeunes", now under construction at Vaudreuil, with description of plans, construction, future aims. Program of school awards reviewed; decision made to add another bursary to the three already in operation, the new one to be awarded student attending St. Thomas School; card party held.

HEALTH TODAY

(continued)

tion of mental patients in isolated prison-like asylums, and to raise the standard of care; the inclusion of mental illness in the hospital insurance plan; more scholarships to produce doctors of psychiatry; mobile clinics throughout the province to visit our schools for remedial work; courses in family service and child care; marriage counselling; religious orientation; geriatrics and rehabilitation; mobile psychiatric clinics and psychiatric home service units to serve those areas of the province which lack the necessary hospital facilities for such treatment; and support of the Canadian Mental Health Assn.

Our Canadian way of life faces many serious problems that will not be solved by our relative material wealth alone. They will be decided entirely by the strength and courage and skill and the mental health of the Canadian people. Let us therefore fittingly observe National Health week by reassessing our own health needs and the needs of our community, thus paving the way for a healthier nation.

Audrey R. Jacques,
QWI Convenor of Welfare
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Briefly Stated

A collection of short items of news

STUDENT UNION FUND STARTED

Dr. H. G. Dion has announced that an anonymous donor has given \$100,000 to Macdonald College to be used in the construction of a Student Union Building. The Students Council of the College will be involved in the immediate planning of the union building, location for the structure has as yet not been decided.

A Union Building will be a useful addition to the facilities of Macdonald College, one that students have always dreamed about and more recently one that students feel is an urgent necessity.

WILLIAM CLAUSON ENTERTAINS MACDONALD STUDENTS

Leading music critics around the world have acclaimed William Clauson as one of the foremost singers of ballads and folk songs. And so it was that the students had an opportunity to hear the red-haired, wiry American from Sweden at the annual Founder's Day concert on February 10th. A born entertainer, Clauson sings in six languages as he strums a guitar for some selections and a lute for other more ballad type songs. Selections ranged from Mexican and Spanish tango beats to "Cockles and Mussels". "It was a real, fine evening of music," as one student exclaimed, "a perfect way to observe Founder's Day!"

WEATHERWISE

Climate varies widely even over small distances, but for comparison the climate of Canada can be divided into six climatic regions. South-eastern Quebec lies within the north-easterly extension along the St. Lawrence River of the Lower Great Lakes climatic region. We are, however, not far from the Laurentian Plateau climatic region.

The Lower Great Lakes region has no marked wet or dry season. The average monthly precipitation is 3 to 3½ inches. Some areas have a slightly higher summer precipitation. Occasional rains during winter months are absorbed by the snow. Melting and consolidation of the snow occurs at one or more times during the winter.

The extremes in temperature are indicated by average January and July temperatures of 14° and 67°F.

The region is crossed alternately by four kinds of air masses, any one of which covers the region for about three days. Precipitation occurs when one moving air mass displaces another, on an average of 12 days in each month. These air masses are named from their areas of origin.

1. Cold, dry Continental Polar air from the north brings clear and cold weather in the winter.

2. Pacific Polar air and 3. Continental Polar air which has travelled south and then come back, are both warmer and moister than number one.

4. Warm, moist Subtropical air from the south causes winter rainfall. Winter weather depends upon the relative frequency of the first three types of air masses.

NEW TEXT BY INSTITUTE OF EDUCATION

A new series of Readers for the Elementary School is being prepared by some of the staff of the Institute of Education at Macdonald College. Professor G. McKay is co-editor of the Grade V Reader, which was published in October. Professor C. W. Hall, Associate Director of the Institute, is the Editor of the Grade VII, which is expected to be published during the coming year.

MACDONALD DIPLOMA COURSE LARGEST IN YEARS

The largest class in recent years has enrolled at Macdonald College of McGill University for the two-year course in Agriculture.

According to Professor H. R. Murray, Acting-Director of the Diploma Course, thirty-four new students have been accepted. Twenty-six are from the Province of Quebec, three from Ontario, and one each from New York State, Basutoland, West Indies, Mexico and England.

Intended primarily for young men who plan to make farming their life work, the course gives practical instruction in the agricultural sciences, an approach to the solution of problems facing agriculture, and training for rural leadership.

College authorities are hopeful that this year's record enrolment is a sign of an increasing awareness of the opportunities for trained men in agriculture, and the great need for skilled leadership in the rural community.

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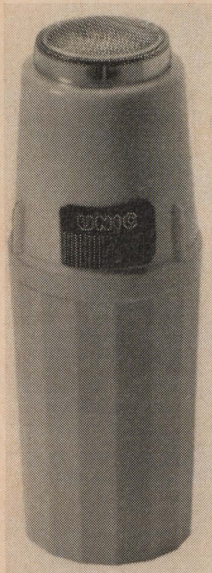
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TO WEIGH OR MEASURE

(continued)

weight. To aid you in converting cup measurements to ounce weights, the following scale is provided.

In home cooking in a recipe using very small amounts, it is not always necessary to consider weighing below the ¼ oz. level — the amount of variation in a ½ tsp of baking powder using two different measuring spoons is minute, and the weight of a fraction of an ounce difficult to obtain on a household scale — so weighing is valueless in this case.

Since home recipes would need considerable revising to convert them from measurements to weighed units, it is not likely that this will take place in the immediate future, but individual homemakers can convert their own recipes and there are foreign cook books in which recipe formulae are stated in weights — grams rather than ounces — but readily changeable by using a figure of 30 grams to equal 1 oz. So we may see the gradual introduction of more weight to our recipes to increase their accuracy and to remove the hazard of relying on a cup that may or may not be 8 oz. exactly.

**CANADIAN LIBRARY WEEK
APRIL 4-11**

La Semaine des Bibliothèques Canadiennes, Canadian Library Week, April 4 - 11 1964, has as its Patron this year, the Right Honorable Lester Bowles Pearson, Prime Minister of Canada. The National Chairman is Dr. C. J. MacKenzie, National Research Council, Ottawa.

This special week is held to encourage the interest of people across Canada in the importance of libraries in our communities. Books and ideas are the most effective weapons against intolerance and ignorance and brings this week many libraries and those associated with libraries will be taking part in radio and television programmes. Newspapers and magazines will have special reviews of books and many displays will be set up in stores and libraries across the country.

"Reading is the key" is the theme of Canadian Library Week, why not make this your theme too. Visit your library, encourage your children to read and make this the most effective Library Week we have ever had.

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